

INTEGRAL Yoga

Contents

LETTERS

Your thoughts and inspirations as shared
with Sri Gurudev and *Integral Yoga*.....2

AWAKENING THE KUNDALINI

Its personal and global significance, dan-
gers and true benefits
by Sri Swami Satchidananda.....4

A GLORIOUS DAY

Sri Swami Sivanandaji's admonitions on
Yoga and Kundalini.....9

ARTHRITIS AND YOGA

How proper diet and Yoga practices can be
used in treatment of arthritis
by Sandra McLanahan, M.D.....10

HATHA YOGA 'POSE OF THE MONTH'

Paschimotanaasana or Forward-Bending Pose.....12

YOGA AND EDUCATION AT SUNNYMOONS SCHOOL

The first children's school to use Sri
Gurudev's Yogic principles
by Radha Sackett.....13

CHILDREN'S CORNER

God's Gift, by Krishna Carmen.....16

NEWS OF SRI GURUDEV

Including letters from Amma.....19

INTEGRAL YOGA: Vol. VIII, No. 1; Mar. 1977. Copyright © Satchidananda Ashram-Yogaville, Inc. 1977. All Rights Reserved. No part of this publication may be reproduced without written permission from the publisher. Published by Office of Sri Gurudev (OSG), International Headquarters of the Integral Yoga Institutes, at Satchidananda Ashram, Box 108, Pomfret Center, Connecticut 06259, U.S.A. Please send all editorial contributions, letters, suggestions and advertising requests to the EDITOR. Subscriptions: \$5 yearly, \$6 foreign, addressed as above.

Integral Yoga and You

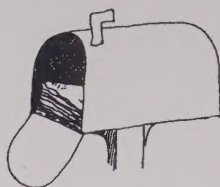
INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Groups, Teaching Centers and Satchidananda Ashrams. These centers are vehicles through which Sri Swami Satchidanandaji's teachings of Integral Yoga are lived and shared. The centers conduct on-going programs of instruction in the various aspects of Yoga, including Hatha, Raja, Karma, Bhakti and Jnana Yogas (see back cover), as well as Yogic diet and other related topics. There are open classes, courses, universal worship services, and retreats, both for beginners and more advanced students. Those interested are invited to visit the centers, and a live-in program is also possible.

Besides their teaching function, the Ashrams also provide an opportunity for an experiment in total Yogic living. The Ashram in Pomfret Center, Connecticut has a printing press, health clinic, national audio-video service, natural foods store, a 2-acre organic garden, Yogic nursery school, and a number of cottage industries through which members practice selfless service and also make the community self-sufficient. Ashrams have recently opened in Santa Barbara, Calif. and Eureka Springs, Arkansas as well.

For more information, to arrange a Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed on the inside front cover. We are here to serve you.

OM SHANTHI

OM PEACE



Letters

RESPONSES TO 'SRI SWAMI SATCHID-ANANDA: A DECADE OF SERVICE':

I heard about the joyous celebration of Sri Swamiji Maharaj's ten year anniversary in your country and was thrilled to the very core of my being.

Swamiji embodies the very essence of all that is holy in India. Besides being a worthy initiate disciple of Sri Gurudev Swami Sivanandaji Maharaj, Swamiji has also imbibed the divine spirit of many great masters like Ramana Maharshi. Surely this was because he himself was a born *siddha* who merely renewed his acquaintance with these divine souls once more on this earth plane.

May your hearts be filled with the bliss of Sat-chid-anandam and many new hearts be touched by the overflow of that bliss.

Sri Swami Venkatesanandaji Maharaj
Mauritius

It was delightful to read the Commemorative Volume about Gurudev's first ten years in the West. It produces a great warmth in our hearts to see how Yoga is being spread in your country. Even in the materialistic world of the West there are great souls. This is proof of the immortal and invincible Divine Path and Divine Life.

May your example of dedication help us to bring back Peace and Love all over the world without limits of caste, creed or race.

M.S., Paris

We received with joyfulness the Commemorative Volume. We are happy to see our beloved Gurudev honored through this publication and it has increased our feeling of communion with you all.

J. and M. C., Harfleur, France

FROM 'PRISON ASHRAM' FRIENDS:

I am writing you from the maximum security cell-block of the Virginia State Penitentiary. Swami Satchidananda's and Swami Sivananda's messages are guiding lights amongst so much darkness. With 52 more years to serve and several more trials to go in other states, I can either idle myself or do *sadhana*. I choose the latter.

I really thought there was nothing to live for when I received a heavy sentence with little hope of ever getting out. But since reading the Gita and taking up Integral Yoga my outlook has changed radically. I've discovered my purpose is God-realization, and I can work toward that even in prison by just looking inward.

Many thanks. Om shanthi,

B. R. K., Richmond, Virginia

I found the Integral Yoga Magazine a high source of inspiration and enjoy it tremendously. I'm currently in a Mexican prison for 5½ years. Through the kindness of people like you and the Eternal Source, I've begun to gather my strength for the journey back home.

R. M., Mazatlan, Mexico

Integral Yoga Magazine

Founder - Director

Sri Swami Satchidananda

Editor

Swami Vidyananda Ma

Layout

Swami Sharadananda Ma
Sushila Sollecito

Ashram Press

Baladeva Rivera
Br. Sneha Chaitanya

Distribution

Lakshmi Luster

Subscriptions

Swami Hamsananda Ma

Cover Photo

Padma Crawford

Photography

Swami Atmananda Ma
Amma Claydon
Padma Crawford
Dean Ornish
Shanthi Zupan

Sri Swami Satchidananda

SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being "Truth is One, paths are many." His main residences are in Pomfret Center, Connecticut during summer and Santa Barbara, California in the winter. He also travels widely, sharing with people through every possible media: lectures, conferences, radio, TV and newspaper interviews, books and visits to schools, seminaries, rehabilitation centers and many other groups.

Awakening the Kundalini

Sri Swami Satchidananda

The power dormant in every individual is called 'Kundalini.' Ah, I see a few people already sitting a bit straighter getting ready, because we read and hear such a lot about the Kundalini. The Kundalini force is sometimes represented as a coiled serpent; 'Kundalini' itself means a coiled power - it's not opened; it's like a coiled spring. The scriptures say it is coiled $3\frac{1}{2}$ times and is sleeping at the base of every individual's spine.

The Age of Power

It appears to be sleeping; but it has tremendous power. When it awakens it will energize your entire system. Your physical and mental powers will be magnified and your senses become extraordinary in their functioning. In our modern language we would say an ordinary man would become a superman.

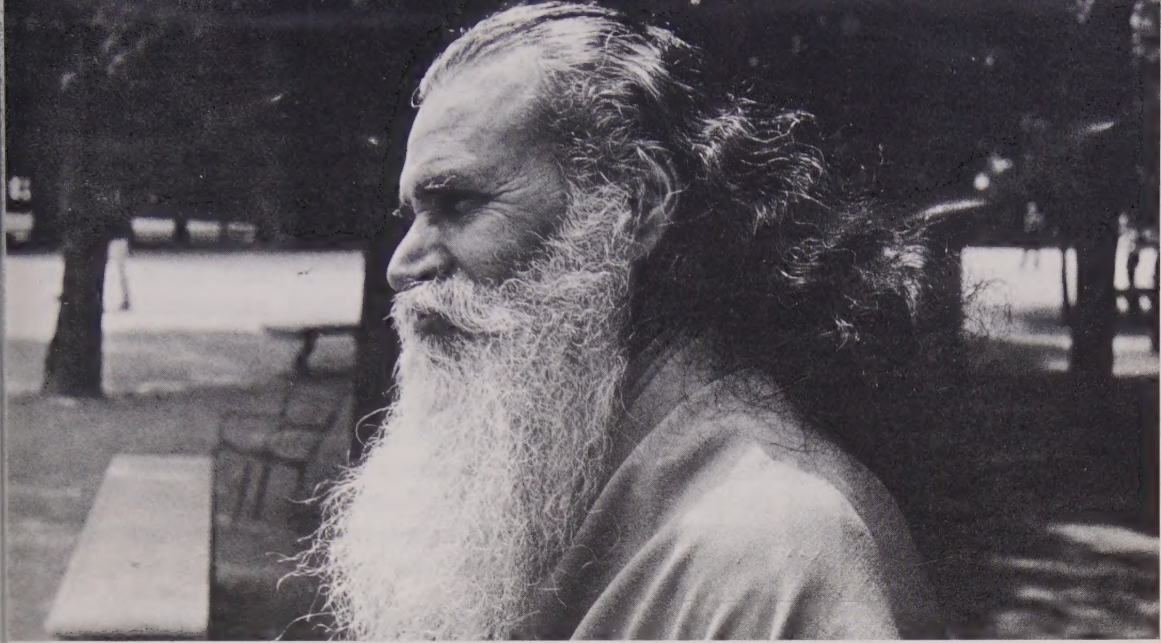
Having seen a lot of 'Batman' and 'Superman,' we all want to be like that. This is the age of power. Whoever has more power is the supermost man. It's the same with countries also. If one has

tapped more nuclear energy, if it has more submarines, more atomic bombs, it's called a super-power because they measure power in terms of energy to dominate over others through violence.

In a way, we've learned to handle the Kundalini force dormant in the Mother Earth. You see, the macrocosm and microcosm are the same in quality, only different in quantity. The modern scientists are able to unwind the serpent power of Mother Nature so that Her Kundalini power is being released.

But are we handling it properly? If we have handled that Cosmic Kundalini to our own benefit - to bring the humanity together, to find peace and harmony, to see that everyone has enough to eat, clothes to wear, a roof to sleep under - then we could say so.

But unfortunately we see the complete opposite. Each one wants to dominate the other; there is a huge arms race going on and the world is in terrible fear. Our lives are simply dangling in the hands of those few



people who are ready to press the button. Any minute they could destroy the whole world. Isn't it better not to handle, not even to know of these tremendous powers when we don't know how to handle them?

Are We Ready?

The material scientists are developing the powers and many are bringing chaos to the world because of their lack of mental purity. But on the other side, the people who criticize nuclear weapons and the arms race want to go into the *inner* space and develop their own powers by awakening their Kundalini! My question is: will their own little 'world' be safe when they release that energy hidden inside?

I have seen many people interested in awakening Kundalini. They say, "I want to raise my consciousness; I want ESP." They aren't satisfied with what they have now. But my question is, why? What are you going to do with that power? Are you really pure and sane enough to handle it for the benefit of yourself

and humanity? All of us must ask and answer that question for ourselves.

If not, you are much safer without that extra power. It's something like you don't know how to drive even an ordinary small car which would probably not go more than 30 miles an hour, but you want a sports car which should roar along at 120.

How many of us have that much control over our ordinary senses: the tongue, eyes, nose, ears, the sense of touch? They are just the ordinary perceptions, are they not? When you walk on the road and see something in the window, it's an ordinary perception. But even so, you lose all your peace of mind, dream of it and somehow, whether you have to beg, borrow or steal, you have to get enough money to buy it. Or you see a nice delicacy on a plate: a beautiful apple pie...how many of you are already salivating? You may have just had a sumptuous dinner, but it doesn't matter. We are slaves of many practices concerned with the senses. An ordinary cigar-

ette which is probably worth a few pennies, and you can't stay away from that. You want to master many things in life: people, situations, yet your cigarette laughs at you, "Hey who is the master, me or you?"

"I Want ESP"

And with all that, what do we ask for? "I want extra-sensory perception - ESP. I don't just want to smell what is in my room; I want to smell what is in the other man's house, too." Then you will probably have to break through his window to get it. If someone says something nice about us, we are excited; if he says something even a little unkind, we are so disturbed. With extra sensory perception to know what he *thinks* of us, we will probably shoot him!

Does it mean we should not have these powers? If I say yes, you might ask, "Then why are they there? Why should they be hiding and sleeping in my system? If I can't use it, there's no need for that to sleep inside me."

He's Waiting

This is not the correct understanding. It is not there for you to use, but it is waiting there for the right time to use you. That's the difference. It should use you, and not you it. In other words, the Kundalini power is the Divine power within you: it is the image of God in you. He (or She) *seems* to be sleeping; He is waiting to make use of you when you are ready. Which is better: God to make use of you or you to make use of God?

The light in you is what is called Kundalini, the Divine power. It's already there, but it

doesn't shine much because you are still crude. All you have to do is just remove all the undesirable parts: refine yourself. It's not that you have to go and develop it. As you grow in purity, the light begins to express itself. When you are perfectly clean, you will be blessed.

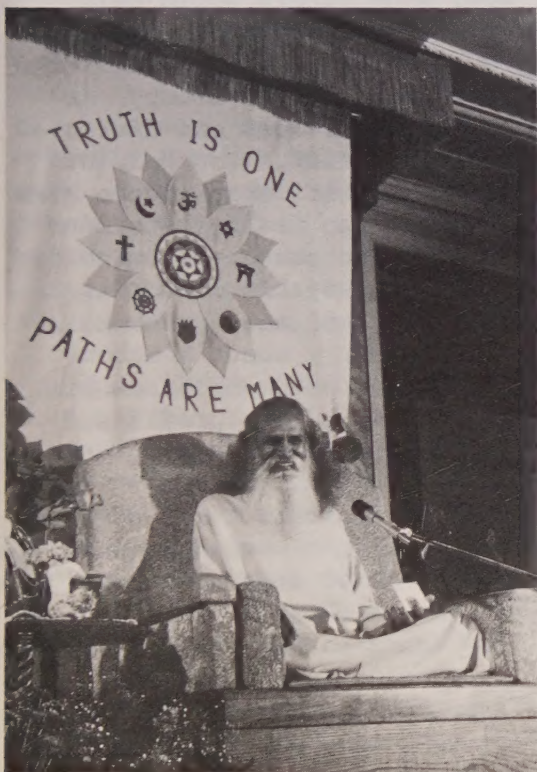
"Blessed are the pure in heart; they shall see God." Or 'they shall become fit instruments in the hands of God.' What does it mean to 'see God'? You see God working through you. When? When you become pure.

"Is it possible to awaken that power while I'm still impure?" Yes, there are many, many methods. Many have applied them and ruined theirs and many others' lives. They began as spiritual seekers but not with purity of heart. Their minds were not free from egoism. This is allegorically demonstrated in the Yogic scriptures by the 'rakshasas' or demons. They did a lot of penance, they prayed, they chanted mantras, but without eliminating their egoism.

In plain language, purity of heart is different from one-pointedness of mind. When the Bible says purity of 'heart,' it means the same as purity of mind. But even an impure mind can focus itself. That's why I often say that a thief concentrates very well - on the other man's safe. If he really concentrates well, he can achieve getting into it. But his purpose behind the concentration is not good. Probably he forgets that the policeman also learns concentration - on how to catch him!

So any mind can learn to concentrate and meditate. The mind can become so focussed that it

can penetrate into anything, anywhere. Such people are able to draw the sleeping power up through the different *chakras* (subtle spinal energy centers). These days, many people call me, saying, "My third chakra is already awakened. What am I to do next?" Even in India we don't get this many questions. So if your mind is really powerful, it can penetrate into any area. You can just direct it, and through the mind, direct the *prana* (vital force). Mind and *prana* work together. Wherever the mind goes, the *prana* follows and vice versa.



Prepare Yourself

But awakening the Kundalini is not always going to be helpful to you if your mind is not clean. You may use your power for your own name, fame, pride or to swell your ego. That's what we see in many, many cases.

That's why all the scriptures - though they talk about these powers - warn the seekers about them. Be careful, even without your knowing, when you grow in the spiritual path, when you purify your system, the power awakens. And that is the reason one should be very, very careful in awakening it prematurely. If you are not ready to handle the snake, let it sleep there.

But ultimately, the Divine power has to be awakened. It is that which brings you all the beautiful things. But instead of your going and awakening it, let it awaken by itself by preparing yourself to be a good instrument. Refine your body and mind, keep the mind absolutely crystal clear, then the power won't sleep there. It will come up. It will possess you - instead of your possessing it. All the great saints and prophets were the beautiful instruments of that Cosmic Force. God functioned through them. They didn't try to use God.

Fishy Business

How do you make the mind pure? Renounce your selfishness. Release the 'self' from the 'fish' and be through with that 'fishy' business. That's the essence of all spiritual teachings. "Okay, if I become selfless and stay peaceful and happy, what will happen?" You don't need to worry about it. Things will happen by themselves. It's like a candle asking, "If I get myself lit, what will happen?" You will give light. There won't be darkness around you. That is what you call Divine Light, or the Light of wisdom. That is the Cosmic Power. So refine the body and keep the mind peaceful. Do some Hatha Yo-

ga for the body and some meditation or mantra japa (repetition of a mantram) for the mind. All these practices are ultimately just to help you keep a peaceful, pure mind.

And when you develop your mantram fully, at a certain point you won't need to repeat it anymore; it will just go by itself in you. When that happens, you are really blessed. You took the proper care of it, now it is taking care of you. You do have to work, to do something. But when you have done enough, then He takes care of you completely. When you have developed yourself to the level where the mind gets absorbed in the sound of the mantram, it becomes so calm and serene that all the mental grumbling and turbulence are gone. And in that stillness a warmth is produced. As the mind becomes more and more still, the warmth also develops more and more.

A Universal Person

Then God comes and says, "Come on; now is the time, you can wake up." You don't need to set fire to the snake. Instead, the gentle warmth goes there and says, "He seems to be doing well, you can just look up now." This method is much safer than forcing. It may take a little longer, but that doesn't matter. The longer road is the safer one. This way you are well prepared for the power. When it wakes up, you become a wonderful instrument; you are free from ego and your entire life becomes peaceful and useful. You become a universal person. You become a friend of everybody. There's no competition; you don't need to hate anybody. You see the whole world as your family. That

should be the effect of awakening the Kundalini.

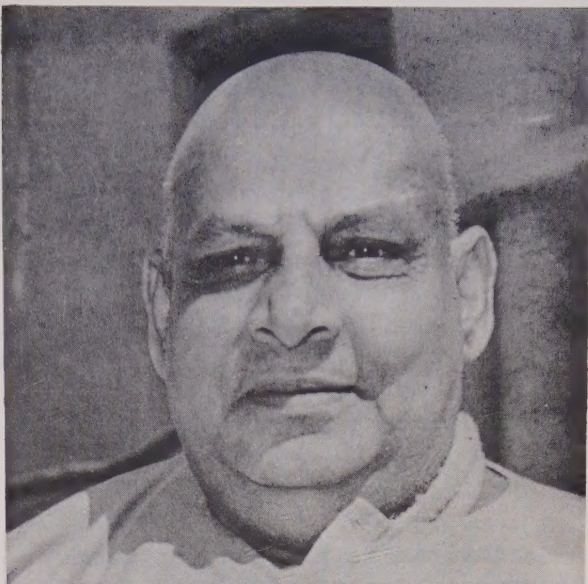
And when the Kundalini awakens, everything opens. You are contented within. Your mind is under control, tongue under control, nose under control. Nothing bothers you anymore. And your senses get extra energy. You can easily smell what is there, know what is in another's mind. You become a crystal clear mirror of whomever comes in front of you. But you don't get affected by it, nor do you affect anyone else. Even if you see a disturbed or ignorant person, whom others would call evil, you sympathize with him. "Oh, probably he still has to grow; he is still a baby; he has a lot of dust and dirt over his mind still." You help him clean himself. That is the sign of a man who really gets into that proper place. His mind is always steady. It is not assailed by ups and downs. He doesn't worry about somebody coming to praise or blame him. Praise and blame, profit and loss, pleasure and pain, are equal to him.

Then you call him a saint, a Yogi, a man of steady wisdom. In the hands of such a man, all the powers wait for his commands. They come to him like rivers running toward the ever-contented, ever-full ocean. And that's what should happen in every spiritual seeker's life. So keep humble and simple. Let the entire power open up in you by first making yourself fit. Get that God, that peace, that serenity, that spirit of purity and dedication. "Seek ye first the Kingdom of Heaven; all the rest will be added unto thee."

Have you got the message?

A Glorious Day

Sri Swami Sivananda



Some Yogic students ask me, "How long should one practice headstand or forward-bending pose or breath retention to awaken the Kundalini?" But mere Yogic kriyas will not help you much. Purification of the heart is very necessary. Do self-analysis and eradicate your faults and evil habits. Rectify your defects like selfishness, pride, jealousy, hatred, etc. Develop your heart. Share what you have with others. Do selfless service. Then alone will you get purity of mind. My advice is: never care for *siddhis* (psychic powers) or quick awakening of the Kundalini. Have devotion to God. Have perfect trust in Him. Have the spirit of service to humanity.

When all desires die out, when the mind becomes absolutely pure, when all the senses are subdued, when you attain one-pointedness of mind to a considerable degree, when all ideas of egoism and 'mine-ness' melt away, the Kundalini will awaken by itself. Then alone is awakening of the Kundalini beneficial. The fruit which is allowed to ripen on the tree will be very sweet though it takes a longer time. First class timber comes from the slowest growing trees. Be not troubled. Be not anxious, my dear friends! A glorious day is waiting to dawn in you. You will shine with full powers, nay you will become God Himself. Laugh at all troubles and obstacles and keep your eye on your goal all the twenty-four hours. When you become established in this state, you will be a perfected Yogi. Your actions will be in tune with the Divine Will. You will enjoy superhuman powers of intellect, mind and body. You will never be tired, dull or depressed. Your heart will be filled with love and compassion for humanity, and all humanity will be drawn toward you. You will become a spiritual magnet. You will shine as a Yogi, sage and liberated soul. This is the goal. May God bless you.

Sri Swami Sivanandaji Maharaj, spiritual master of Sri Swami Satchidananda, was founder of the Divine Life Society and dedicated to the service of humanity through the science of Yoga.

Arthritis and Yoga

Arthritis is the general term used to designate disorders of the joints. Pain, swelling, stiffness, redness or heat may occur; eventual deformity may result. Arthritis may be caused by injury, excessive uric acid in the system, systemic disorders or infections. But in most cases the exact cause cannot be determined. The two major types of arthritis are rheumatoid and osteoarthritis.

Rheumatoid arthritis can occur at any age. Although its cause is unknown, most patients have antibodies in their blood specific for what is called the rheumatoid factor. There would appear to be some sort of agent - maybe from the body itself - which stimulates this antibody response. Rheumatoid arthritis may be an auto-immune disease where one is in effect immune to oneself.

Osteoarthritis or degenerative joint disease occurs mainly in older persons, though it may occur in young people with congenital problems or after injury or infection. Again the cause remains undetermined although stress to a joint may hasten the onset. Diagnosis is made by x-ray.

Yoga Therapy

Done gently, all the Yoga postures may be helpful because they work on increasing flexibility and relaxing back and neck. If the problem is centered in the back, forward bending poses such as full-forward bend, wind-relieving pose and plow are beneficial. In wind-relieving pose, you can hold one knee to the chin for 20 counts, then the other knee. Next hold both knees to the chin for 20 counts. Finally, holding the knees, rock back and forth. For those with only minor back problems, increasing the number of sun worships to twelve daily is very useful.

Make sure, however, not to strain any muscle or joint while doing the poses. The aim of Yoga is to *reduce* strain. There should be no pain the following day either.

It was recently discovered that by treating juvenile rheumatoids with a vigorous exercise program, the joint changes on x-rays were actually reversed. It may be that keeping the joints active (but not strained) is one of the most important factors in treatment of arthritis.



Part of the problem of arthritis may actually stem from less than optimum circulation to a joint, so that it can't properly repair itself from the stresses of daily living. For this reason, hot wet packs would be beneficial; they also relieve pain. However, if the joint itself is hot and red, this should be delayed until the acute stage is passed. Hot oil packs (sesame or castor oil) may also be useful.

At the same time as Yoga asana practice helps circulation, breathing exercises give the body more ability to repair damaged areas. Oxygen is the currency of the body; therefore the breathing exercises - 20 rounds of deep breathing, 10 of bellows breathing, and 20 of alternate nostril breathing - should be done three times daily.

Diet

The asanas loosen deposits and the breathing helps in tissue repair. But along with exercise, diet must be looked to. It is felt by some that arthritis is related to an overload of certain foods in the system. In fact, noticeable improvement is

found to follow fasts of varying lengths (see article on fasting in Vol. VII, No. 2). Grapefruit or lemon juice, or alkaline soup broths such as beets, celery, zucchini or string beans, cooked for five minutes in water, then blended, are especially good. Raw juiced potatoes or potato broth or freshly juiced vegetable juices like celery, carrot or wheat grass are also good. The frequency and duration of fasts should depend upon one's capacity, and be under proper supervision.

Besides fasting, the diet should be kept light and easy to digest. Eliminate anything with white flour or sugar, as heavy carbohydrates are difficult for the body to utilize directly and may therefore precipitate or worsen the condition. Whole grains are better, but be careful not to overload the system with too much bread or cereals.

The best diet would consist mainly of raw fruits and vegetables, with occasional steamed vegetables or soups, some nuts, beans and a limited amount of whole grains. Small amounts of kelp may be used for salt but regular salt should be avoided. Extra calcium and Vitamin C may be useful in the diet. All milk products should be eliminated, again because they tend to stiffen the joints. If you are not already vegetarian, such a diet will help a lot, especially if there is a high uric acid level. (Uric acid is a cause for gouty arthritis and is found much more abundantly in meat than in other foods.) Be sure to drink plenty of water to flush out the system. Avoid processed foods, sauces, gravies, dressings, fatty or fried foods and too much butter.

As incomplete elimination of poorly digested and metabolized food seems to be at the root of arthritic troubles; keeping to regular fasting for elimination, light diet to prevent further problems and very steady exercise, including Hatha Yoga,

should provide good results in the treatment of this all too common ailment.

That all the harmony, health and peace of Sat-Chid-Ananda may grow within you through these practices, is my sincere hope and prayer.

Paschimotanaasana



Posterior Stretching (or Forward Bending) Pose

TECHNIQUE: Lie flat on the back. Stretch the arms overhead and lock thumbs. Inhale and, holding the breath, stiffen the body and slowly raise the arms, head and chest simultaneously to assume a sitting position with arms stretched overhead. Then slowly bend forward, exhaling, and grasp whatever part of the legs (or feet) which you can comfortably reach. After some practice, when you have achieved grasping the big toes comfortably, then gradually try to bring the face toward the knees to eventually bury it between them. Do not allow the backs of the knees to rise from the floor. Repeat 3 to 6 times for 10 seconds at a time, gradually working up to doing the pose once for a maximum duration of one minute.

BENEFITS: Besides those mentioned in the preceding article, this is an excellent stretching pose; it exercises nearly all posterior muscles and tones the abdominal viscera. It helps cure piles, constipation (if done for short periods only), and diabetes. It helps reduce potbelly and nocturnal emissions and prevents menstrual disorders.

Note: For instructions in the other poses and practices recommended in Dr. Amritananda's article, please refer to Integral Yoga Hatha, by Sri Swami Satchidananda.

Yoga and Education at SUNNY MOONS SCHOOL

by **Radha Sackett**



"We have seen our present school system and its products - it doesn't seem to allow the children's natural tendencies to grow. Each child has something unique to give the world; we should look into that natural tendency and develop it. That is what you call education. There may be weeds also, and the teacher's duty there is just to take out the unnecessary, undesirable weeds and allow the real seeds to grow."

-Sri Gurudev Swami Satchidananda

As the numbers of Sri Gurudev's householder (married) disciples has gradually grown, the need has been more and more strongly felt for some kind of children's education along Yogic lines, along the lines of the spiritual education we have received from Sri Gurudev during the past ten years.

Finally, on July 2, 1976, a room in Satchidananda Ashram was officially dedicated as the temporary home for such a Yogic school. Sri Gurudev and most of

the Ashram community attended the opening, and one of the parents performed a *puja* (symbolic purification and worship for an auspicious beginning). Each child made an offering of a toy, and complete silence filled the room. The children looked like angels, and Gurudev was indeed a proud Papa. Since that day, the children go to that same altar each morning to say their morning prayers. It is an inspiring sight: preschoolers chanting universal mantras and repeating slokas.

"If the children say, 'We're hungry,' then you call that the eating lesson: how to eat, how to use all the teeth to chew well. Many people don't even know how to eat. They graduate with all the degrees - B.A., M.A., Ph.D. - but they don't know how to eat."

"A Yogic school should have everything: a little agriculture, carpentry, painting, drawing, musical instruments. Let the children go and pick up what they like."

Karuna
with the
Sunny Moonies



"Mahatma Gandhi recommended this kind of teaching in his ashram at Wardha. Even adults were taught through certain occupations. If a weaver came, he would be allowed to weave. And from that he would learn mathematics, geography, botany. He would be told how he gets the cotton, from where, in which season it grows, what climate it needs. So in the field itself we have all the subjects."

- Sri Gurudev

Gurudev has visited the school several times and invariably the children gather to sing him songs and chants. One day he brought the Harilela family, disciples and dear friends from Hong Kong, and the children sang 'Hari Om' as well as their 'Alma Mater' (to the tune of 'Frere Jacques'):

"Sunny Moonies, Sunny Moonies, Who are we? Who are we? We're God's little children! We're God's little children! Om Tat Sat; Om Tat Sat."

Another time, when Gurudev visited the school, Karuna bowed

at his feet and found herself blessed with an opportunity (which is usually reversed) to remove obstacles from his path - in the form of toys, books and crayons - as he played with the children.

"There should be a spiritual relationship between teacher and student. Unfortunately, we don't see that very much in the modern education. He comes with his notes, stands there and gives a lecture. You come, sit there, and whether you listen or not doesn't matter. He finishes his job and goes away.

"Teachers should never teach for the money. They should depend on God. Do your job, God will take care of you. And the students will be selfless when they learn. When the teacher wants to make a business, the students will feel that and even while they study, they will ponder how to amass money by their education.

"The teacher-student relationship should be a kind of family. Not that 'I do my job; if you

want, learn, otherwise not.' No. The teacher's duty is to see that the education is somehow imparted. He has to find ways and means to teach. He should keep an eye on everybody. Sometimes what he tells one student may be completely different from what he tells another. He thinks of their individual welfare and treats them individually.

"So probably you, the future educators, can come and start schools like this in a small way. Just a few children, it needn't be on a mass scale immediately - 'Oh, how many acres I need; how many teachers?' No, just one teacher and a few pupils. Let it grow like that. Such an education will be superior to anything else."

- Sri Gurudev

At this time the school serves five children aged two to



five. Karuna Kempisty, who lives at the Ashram, is the teacher. The parents hold a meeting once a month to discuss plans and general business, working toward the goal of expanding the school. The parents pay tuition to support Karuna in her half-time job, purchase everyday supplies and pay the nominal rent to the Ashram for the room. This summer they held a giant rummage and bake sale to raise money for additional equipment and supplies.

As of now Sunny Moons School is limited to serving nursery-age children. In order to serve older children we must build a separate building according to strict state code, a code our temporary room far from meets. We lack funds for this project and a fund-raising drive will begin soon. Our proposed building will provide space and facilities for more children and allow the school to afford a second teacher so that nursery-age and elementary age children's differing needs can be met.

Sri Gurudev has given us many of his ideas about education, and this school is the first of its kind - a vehicle through which we can raise our children in the light of his guidance and understanding. May his inspiration continue to function through this school and guide its growth in the years to come.

Om Shanthi,
Shanthi, Shanthi.

If you wish to know more about Sunny Moons School, or wish to offer a donation toward its future, write: Sunny Moons School, de Pu Ashram Box, D. fret Ct., Ct. 0 79

God's



Gift

Once upon a time, long ago, God decided to give a special gift to the human beings, for they were very dear to Him. He decided to make a dwelling place in each human heart where He would live forever. In this special place God's children would know Him as He truly is and be one with Him. Here they would be happy and filled with peace. It was surely the most precious gift ever given.

But God thought, "What is a gift without some beautiful wrapping?" So He veiled His wonderful gift with a most enchanting and attractive covering called Maya. Just a glimpse of this paper was enough to make the human race aware of their freedom of choice, aware of their individual uniqueness, aware of their senses so that they could touch and be touched by the world around them. This wrapping was laced with clear mountain streams, beautiful green valleys, life-long friendships and wonderful romances. It bore the fragrance of exotic fruits, deep secret forests and delicate flowers. It was so magnificent that it almost had the appearance of life itself. Truly, any wrapping less beautiful wouldn't have done justice to God's precious gift.

So with great joy He carefully folded and secured the paper of Maya around each gift and gave one to each of His children. Needless to say, they were all very pleased with the gifts - they cherished and loved them. To receive a gift is wonderful, but to receive one from God is more than that - it is divine!

But...the story doesn't end here. You see the human race was so excited to get such beautifully wrapped presents that they didn't think to look inside. In fact, they didn't know there was anything except the enchanting wrapping. For a long time they just sat and gazed at it.

God smiled and waited. But everyone still sat looking at their presents and feeling the paper. A few people would lift their heads for a few seconds to thank God and then quickly look down at them again. Most of them were so engrossed that they didn't even realize anyone else was around - nor did they care!

God gave those who thanked Him a little nudge. "Please look inside," He said. "There's much more." But they didn't understand what He was saying. "Look inside? Inside of what?"

God chuckled, "Here, let me show you," and He very gently

tore at a few people's presents. When they saw the rips they were broken-hearted. They cried and wailed. In between sobs and sniffles they said things to God like, "You Meany! You ruined my whole life," and "You're supposed to be kind and loving! Why did You rip my gift?"

The sound of the wailing was almost deafening. And it all seemed sort of silly to God. Here they were crying over the wrapping paper. How could they expect to find the true gift without removing the wrapping? Still, God felt great compassion; they were so young and inexperienced. He knew the crying would stop when they discovered their true gifts. But how long would that take?

After awhile, God noticed a small child who wasn't crying like everyone else. "You don't seem so upset; why not?"

"Well," she answered, "I don't understand *why* You ripped my package, but I figure You gave it to me, so You must know what You're doing."

God smiled, "I'll show you the real gift." He picked up her package and gently tore it open. It was painful for the child to see her beautiful wrapping fall to the floor, but when she looked up, a smile came to her face, and her eyes filled with a warm golden glow. Tears of joy rolled down her cheeks as she tried to thank God for the inner gift.

And upon looking down at herself she saw she had been transformed from a young child into a radiant woman - a mature being who shone with the pure light of love. Her light was so bright that it made a few humans look up from their Maya-covered gifts. When they saw her, they knew

something miraculous had taken place. Some couldn't understand how she could possibly be happy without the wrapping paper. Other's called out, "Mother, come teach us what you know!"

She looked at them and smiled. "You call me Mother, but I am no different from you. I have merely uncovered the gift we all have." A small group gathered around her. "How can we also find this gift? Must we travel far?"

"No," she replied. "You don't need to go a step. Just don't be afraid when troubles beset you and your life seems to be coming apart. This is only the outer layer falling away - don't cling or try to wrap the tattered remains around you. Instead, give yourself over to God so He may hasten the unwrapping of your gift. For once the paper is gone, you will see that God is your very own."

On that day She helped many souls realize their precious inner gift and they in turn helped others. And the Ones who have uncovered God's gift still remain with us, eager and willing to help us search our way through the Maya paper for that place where we are all joined with God.





More Letters

If life has taken me to prison to come into contact with people like you, then I can no longer feel anger. In fact, I'm grateful. Without this part of the road, I would have lost my way. Now I know what's ahead and although I may get lazy, at least I'm certain of the destination. I have a very long way to go but, like a journey homeward, it's always easier. I shall whistle all the way.

M. K., Jackson, Michigan

A FEW NOTES FROM YOGA RETREATS:

Everyone has been wonderful, wonderful, wonderful - great examples of selfless service and real inspirations for me. I have felt the love, understanding and inner peace of all the Yogis here, and have been able to find that special area in myself. It is small, but growing, with your help. This has been one of the most important and meaningful experiences in my life; it has answered my deepest longing to know God again. Bless you all.

a retreatant

To all my friends - the retreatants: without you, there would have been no one to work with in silence. Without you there would have been no one to sing with in silence. Without you there would have been no one to walk with in silence. And without you there

would have been no one to love in silence. Thank you so very much. Blessings to you forever,

a staff member

MORE INSPIRATION

We feel it would benefit all our children to receive your beautiful publication, so we're taking subscriptions for them all as their Chanukah gifts. The magazine reminds us of many beautiful moments spent on retreats in the presence of Swami Satchidananda and many dear friends; all who come to bask in his wise words and to find that inner peace.

It is a great comfort and it is with great interest that we await each new issue. Thank you for the care and love that each article evokes and for the excellent way it is presented.

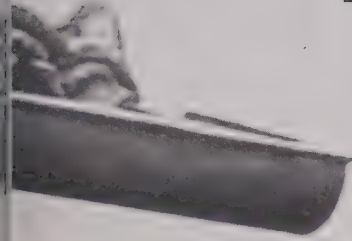
F. and I. L., West Hyattsville, Maryland

I have read the life story of Swami Satchidananda and have become an ardent admirer. The spiritual road is very rewarding but, as I know from personal experience, such a difficult one to make progress on. Thus, a man of Swamiji's caliber is such a guiding light for us strugglers.

I have just begun my study of Hatha Yoga. I do feel it has much to offer. I read a copy of Integral Yoga and found it enlightening and spiritually stimulating. Keep up the good work.

Br. P. E., Boston, Massachusetts

News of Sri Gurudev



NEWS OF SRI GURUDEV

Sri Gurudev flew home to the Ashram on Sept. 18 from a 10 day visit to the West Coast. At his first public talk, at the Phoenix House Retreat in Madison Conn-

ecticut, Gurudev spoke on love:

"The entire Nature is bound together by love, in love, to love ... Unconditional love is the only way to have real communion with the Divine Cosmic One... We must tune our hearts to that Cosmic Love."

NAVARATRI

September 24 marked the beginning of Navaratri, the traditional nine nights worship of God as 'Mother'. Sri Gurudev blessed us with his own statue of the Mother for our worship. After a *puja* (traditional worship service), Gurudev explained the three aspects of Divine Mother to whom three days each are dedicated: Durga, to eliminate the undesirable elements for our growth; Lakshmi, to give us all the wealth: physical, mental and intellectual; and Saraswati, for purity and wisdom. The celebration culminates, he explained, with Vijayadasami, the Victorious 10th Day, symbolizing the victory of having gotten the Mother's blessings in all three aspects and having transcended them all.

Pujas were performed each evening and one night included a unique program of worshipping Mother

er Nature with inspiring readings about the Findhorn Community, some magnificent color slides of the Grand Canyon, and a portion of video tape where Sri Gurudev explains how everything in Nature is the Divine Mother.

The entire celebration was a unique experience for us; especially the 9th night when we collected people's work implements (kitchen pots, toys from the school, etc.) and worshipped them at the altar as the Mother's instruments. Then we went to each work area, especially cleaned and decorated for the occasion, and waved incense, sprinkled blessed water and chanted "Om Maa Paahimaam - O Mother bless us!" The whole experience brought us together and taught us more respect for one another and each one's work. We saw that every object in this world, however mundane, is the Divine Mother and fit to be worshipped.

ABODE OF THE MOTHER

On Sept. 30 the first communal house for married couples on the Ashram grounds was completed and dedicated by Sri Gurudev. He named it 'Mathru Bhavan' - the Abode of the Mother. In the lovely, intimate *Satsang* (spiritual sharing) that evening in the new

home, Gurudev spoke of the householder path and gave some useful pointers on raising children. A major cause of children's psychological problems, he said, is their lack of closeness with parents in their early years. A step in the right direction: babies and toddlers should sleep with their parents, even up until they are four or five years old.

ASHRAM À LA HOLLYWOOD

Over the weekend of the 24th, Reuben Aaronson of Hartley Productions came with Bart Goldberg to continue filming Gurudev for their upcoming film. Gurudev patiently spent an entire afternoon shooting the same scene over and over until they got exactly what they wanted. Over the weekend, the Ashram was filled to the brim with guests, and that, combined with the ubiquitous camera arrangements, somehow made the whole scene a bit insane. At one point, the over 100 guests who had come for Gurudev's Satsang were shifted en masse several times between dining hall and temple, temple and dining hall, while the cameramen got everything just perfect for Gurudev's grand entrance.

This film, soon to be premiered, effectively depicts the various aspects of Gurudev's teachings, as well as showing how they are



Sri Gurudev with Reuben and Bart

being lived at the Ashram, on retreat and in Gurudev's own life.

FAREWELL TO AMBASSADOR KAUL

On the 26th, Sri Gurudev joined the Indian Consulate in NYC for a farewell dinner for the former Indian Ambassador, Mr. T.N. Kaul. Although not on the program, the Ambassador made a special request that Gurudev speak. An interesting sidelight: our beloved Amma (Gurudev's secretary) was given a name sticker as she walked in with Gurudev. She stuck it on without reading it, and only later, on reading the newspaper account of the evening in *India Abroad*, discovered that Sri Swami Sat-chidananda was accompanied by one called 'Holy Mother'.

KUMUDINI DEVI'S VISIT

Rani Kumudini Devi visited the Ashram in September. Gurudev's hostess in Hyderabad last year, and a long-time disciple of Sri Swami Sivanandaji Maharaj, she spent much time in the Master's presence during the final years of his earthly life. In Satsang, she related stories of her years with the Master, shared experiences of being Hyderabad's mayor, and told of the 20 years spent running a hospital for lepers - all as Karma Yoga. She is indeed a worthy disciple of the Master whose watchwords were, "Serve, love, give, purify, meditate, realize."

TRIP TO CANADA

On Oct. 1, Sri Gurudev flew from Boston to Ottawa, and during a stopover in Montreal, gave Sat-sang in the airport to members of the Montreal IYI. In Ottawa he visited an old friend, Dr. H. W. Thambiah, High Commissioner of Sri Lanka in Canada, then saw the Sangeetananda School of Indian Music and its founder, Roop Verma, the well-known Indian musician. This busy day was capped with a large public lecture at the Victoria Museum of Man, sponsored by the Makows, who are in the process of initiating an Integral Yoga Group in Ottawa.

The morning of the 2nd, Guru-

dev breakfasted at the Makow's home, enjoying the artistry and ingenuity with which their lovely home has been (and still is being) designed by the creative physicist cum architect, Dr. Makow. Gurudev then flew to Montreal, visited with some devotees, and rested in a beautiful apartment prepared by Lakshmi Kalfon overlooking the St. Lawrence Seaway. Later he toured the newly purchased IYI building making practical suggestions for improvements in use of space, etc. That evening a lecture was held for an enthusiastic audience of over 450 at Concordia University, sponsored by Rev. John Rossner and the IYI.

*Dr. and Mrs. Makow
with Sri Gurudev*



NEW YORK AND JERSEY

On Sunday Sri Gurudev flew to NYC and that evening gave a lecture at Rutgers University in New Jersey. The predominantly college-age audience may have expected the swami to speak of something mystical; instead he gave them the basis for leading a peaceful and useful life. In his talk he emphasized how technology has come to run our lives

to the point where our minds lose their natural retentive and reasoning powers. His warmth, humor and clear analogies helped the audience see his points in a comfortable, easy manner.

Sri Gurudev himself flew the plane back to Connecticut, accompanied by his 'pilot-devotee' Brahman Levy. He had great fun flying behind the Statue of Liberty and was able to pick out the IYI building on 13th St. as they flew over Manhattan.

MORE ASHRAM HAPPENINGS

Back at the Ashram, Sri Gurudev toured all the newly beautified work areas - the nicest ones were to win a ribbon or some gift to keep in that area 'till next Navaratri. Later that evening, Mr. and Mrs. Green, Headmaster of nearby Rectory School, and his wife visited the Ashram and gave a lovely informal Satsang, sharing how they run the school. It was obvious that they love the boys as their very own and feel that a supportive environment is the single most impor-

tant factor in the children's eventual success in life.

Next evening, Sri Swami Yogeshwaranandaji Maharaj, a contemporary of Sri Swami Sivanandaji, visited the Ashram from Rishikesh, India. He spoke, and then gave a pranayama lesson. One humorous story he shared about his friendship with Master Sivanandaji: in their aspirant days, they once sat on the Ganges bank and decided to have a contest to see who could remain in *samadhi* (super consciousness) the longest. The only problem - they both lost track of time completely!

LAST SATSANG

Saturday Oct. 9, was our last opportunity for formal Satsang with Gurudev before his departure for Europe. Sivananda Hall was filled with Ashramites, householders, visitors from the IYIs and participants of an advanced Raja Yoga Retreat which had been going on that weekend. Of the many questions he answered, here is one:

Question: Why do you teach us to chant in a foreign language (Sanskrit) which we don't understand?

Gurudev: (laughing) "*We don't want you to understand!*" He went on to explain that the vibrations produced by the chanting have a powerful effect, regardless of whether we know the intellectual meaning. He further explained how the chants he teaches us are universal - not about various Hindu deities as some Yoga groups teach - but only basic vibrational sounds useful for the purification and attunement of one's entire physical and mental system.

Sri Gurudev with Navaratri prize

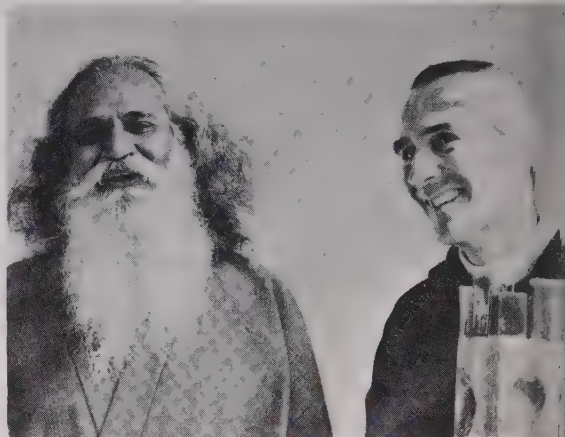
Sri Gurudev then asked the various Karma Yoga Dept. heads to vote on which areas should win the prizes for the best. Their decision: 1st place to the Publications/Distribution office (a lovely photo of Gurudev with a message in his own hand at the bottom); 2nd: Ganesh's Wholesome Cookery, the Baba Burger industry in the Ashram basement; and 3rd to the Maintenance Shop. Gurudev felt the Garden should also get a prize as the largest and most difficult to maintain.



BROTHERS AND SISTERS

On Oct. 14, Br. David Steindl-Rast stopped by with his mother, and while visiting with Gurudev, several Sisters from his House of Prayer also stopped by - apparently a total 'coincidence,' as it was the only time during the entire year that either had come to the Ashram. Hearing that Gurudev would be lecturing in Boston the following evening, they invited him to visit them en route in Gloucester, Mass.

Next day, after flying to Hancock, New Hampshire to visit Mr. and Mrs. Cecil Lyon, former U.S. Ambassador to Sri Lanka, Gurudev flew to the Eastern Regional House of Prayer. Arriving at the peaceful seaside manor, Br. David came running happily out of



the woods where he had just finished a garland of autumn leaves. As they embraced and greeted each other with radiant smiles and laughter, Br. David put the leaves around Gurudev's neck, and as all stood admiring the handiwork, Gurudev burst out into a few dance steps with arms outstretched.

BOSTON

Gurudev arrived in Boston just five minutes before it was time to go to the Arlington Street Church for his lecture. In spite of constant activity and service since early morning, he spoke as if he had just returned from a long vacation. There he sat, giv-

ing totally of himself, touching each one in a different way, radiating complete peace. How many times has he said the best medicine, the key to unlock all the doors, is selfless service? As we watched him there, as radiant at 11 P.M. as he had been in the early morning, we knew it was true: selflessness is surely the 'Key to Peace.'

LAST DAYS

Early next morning, Gurudev left for a conference in Philadelphia which had been arranged by Dr. Pratap of the Yoga Research Society. Then, back in Connecticut, on Oct. 19, the new building purchased to house the Integral Health Services (formerly Satchidananda Clinic) in Putnam, was dedicated with a beautiful puja by Dr. Swami Amritanandaji (Dr. McLanahan), its director and chief M.D.

After a few words by Sri Gurudev, we hurried back to the Ashram for a farewell pizza - yes pizza - luncheon with our beloved Master. To Gurudev's negative reply to the question, "Do they have pizza in India?" his questioner gasped in mock dismay, "Oh, how could you *live*?" That night we all went to see him off at the Boston airport; he blessed us, blew a big kiss, and was off for adventures around the world, leaving our hearts filled with his love and presence.

Around the World with Sri Gurudev as told by Amma



"A real teacher will just be living and others will learn from watching him. Just lead a good life; let others see the beauty in you. If they are attracted by your beauty, they would come to you, 'Hey, what is the secret?' A light doesn't even know it is giving light; it just shines."

- Sri Gurudev

The following report is from Amma who has been traveling around the world with Sri Gurudev.

Hari Om sweet beloved ones,
Gurudev is doing beautifully. His skin has the bronze-rozy glow and his energies are multiple, all-imposing and joyful, filling the places he visits and people he meets with divine vi-

talidity. As we travel, I feel we are simply rocking in the rhythm of God's breath.

We arrived in London on Oct. 20 and then flew to Inverness, Scotland. At the tiny airport, the welcome committee was composed of

surprisingly balmy weather and the sparkling presence of Peter Caddy, founder of the spiritual community of Findhorn. I saw him from a distance and said, "Oh, there is Peter," as if talking about someone who had just left a few minutes back to get the newspaper. When he and Gurudev met, I proceeded to introduce them, completely forgetting that this was supposedly the first time I was ever seeing him myself! I realized the absurdity of the situation when I saw them greet one another - they certainly needed no introduction....

FINDHORN

We drove to Cluny Hill, a hotel recently purchased by Findhorn. Peter was manager of this hotel long before he and his wife Eileen even dreamed of founding Findhorn. To the amazement of the former owners, the hotel was run completely under God's instructions through the guidance which Eileen received in meditation. Later this same guidance instructed them to set up house in a little trailer in an almost deserted garbage dump nearby. This 'garbage dump' is now the spiritual community of Findhorn, another center of divine alchemy, where garbage yielded nourishment and beauty and where the human plant is consciously transforming itself to express the brotherhood of gods and men. Cluny Hill is now their guest and conference house. The building itself is very similar to our Ashram building in Connecticut, and sits atop a hill overlooking the magic greenery of the Scottish countryside.

At breakfast the next morning, a lovely lady joined me and began sharing the highlights of her

visit to Findhorn. She said the whole experience had climaxed the night before when she had met this 'being' whom she recognized from other lives and through whose blessing the purpose of her visit had been revealed. Well, my darlings, it turned out that this 'being' was none other than our beloved Gurudev. "But," she continued, "I felt so sorry for the boy who was with me. He came all the way to Findhorn to see the Swami and the Swami didn't even look at him." The boy turned out to be Alan Lees, a boy I myself had suggested go to Findhorn to meet Gurudev. Alan is very shy, and had it not been for this lady probably would never have come forward to greet Gurudev. As you can imagine, after this conversation I made it a point to find him. By the end of the visit, he was as close to Gurudev as to a real father.

That morning, Peter invited Gurudev to attend a session of a conference entitled "Toward a European Spiritual Community." Representatives of the different countries were there; all people of some stature in the spiritual field. While the presentation was rather intellectual, it was very interesting as it shed light on the ancient wisdom of the West and how this group is attempting to revive it to give a more balanced understanding of our culture and the collective psyche of the Western man.

During the presentation, Peter introduced Gurudev and announced, much to our surprise, that Swami Satchidananda would be closing the conference with a talk that evening! You should have seen the people's faces! Ever since Gurudev had walked in, I sensed great interest and curi-

osity. It is my guess that not many swamis have visited Findhorn and although no one there treated him with the 'protocol' we do, to me that was the beauty of it, because through their own spontaneity, they paid the highest tribute to the greatness of the Spirit revealing itself in every movement and word of our beloved Guru; it simply could not be helped.

Between sessions Gurudev met Sir George Trevelyan, a gigantic mind and powerful spirit in a frail, seemingly ancient body. Those who have read about Findhorn know the part he plays in its unfolding. When the two met, you would have thought they were two kids discovering marbles for the first time. Listening to their conversations was both touching and fascinating: Sir George thundering out his thoughts in highly polished and beautifully inspiring notes like a Beethoven symphony, and Gurudev expressing his in exquisite soft tones which suddenly uncovered the wisdom of the ages.

That afternoon, Peter took Gurudev to Findhorn itself where we met Eileen. If Peter is like a rock diamond, she is like fluid light: all softness and laughter. While touring the community, it was interesting to note that the garden is no longer the main attraction though, of course, they still eat from it and grow things with the same principles. Everybody lives in trailers and it is amazing what miracles they do with space, inside as well as out. The whole area covers only 4 acres or so, but within that they have everything: a Community Hall, Sanctuary, book shop, press, a lovely park and a full

200 residents.

Gurudev's talk that evening was electrifying. When he spoke, the whole hall was filled with sizzling *shakti* (Divine energy). Love poured back and forth from him to the audience and he had us all in stitches, so filled with humor and simplicity were the great truths he spoke. Sitting between Peter and Eileen, I was filled with the certainty that his presence here was part of a great Scheme. Many members of the community also felt this. At the end of the talk Peter thanked Gurudev, saying it was indeed a gift of God that their very serious conference had ended with such a delightful, humorous and holy finale, and that he considered it a blessing to have had Gurudev at Findhorn.

Next morning there was a summing up of the whole conference. Again it was a little too grave and intellectual. But when Gurudev began speaking, he lovingly summed up the whole thing in one universal breath and also gave some practical suggestions which they gratefully accepted.

After this there was some singing and we all joined in, first with our voices, then our hands, then our feet. We started bouncing in the conference room, and ended up out in the fields, doing an ancient folk dance which the inspired German choreographer, Bernhard Wosien, had taught the conferees. At a certain moment, Gurudev, Sir George and Bernhard joined hands and started dancing in the middle of a great circle of singing bodies, voices and hearts. I knew deep within that something was going on here that my conscious mind was too limited to grasp and is now too limited to describe....

The day before we left, Peter and Eileen had to leave. The conference people were gone and Gurudev was left with the community. Groups would form around him at all hours and they asked him to speak again. We had a beautifully intimate Satsang in which he apparently touched on all the points they needed to hear and answered all the questions they'd been having during the past months.

Let us join together in sending our love and supporting thoughts to our brothers and sisters of Findhorn. I feel they are very close to us, and there can always be room to learn from and share with each other. May the overpowering force of Love unite us all into a world spiritual family in which we can freely delight in our sameness and enjoy our differences as meaningful steps of the One Cosmic Dance.

LONDON

On Oct. 24, Gurudev left for London to visit Drs. Gordon and Barbara Latto, two loving servants of humanity. They are both naturopathic doctors, and from what I could see, he is a great healer. Among other creative interests, they are frequent visitors of Findhorn, so you see how the chain grows.

Gurudev was their guest in Caversham outside London, where they went out of their way to make Gurudev comfortable. This couple live with their staff like in an ashram. Everything is shared and cared for by everyone.

One evening they arranged a Satsang with Gurudev in their home, and so many people came we didn't know where to put them. A group of young Yoga students came who related so eagerly and intimately with Gurudev that it com-

pletely broke the traditional British reserve of the adults.

One bright morning, Barbara drove us to Broadway to visit a legendary figure named Mary Osborne. She looks like the archetypal magical nanny of the fairy books. A social servant since her teens, the strongest influence of her life was Mahatma Gandhi whom she knew personally and who gave her one of his spinning wheels. Almost all by herself she has founded and built a center for rural arts and crafts called the Guild House. Here she teaches spinning, weaving, painting, etc and people come from all over the world, not only to learn arts and crafts, but to find peace of mind. This remarkable woman was delighted to have Gurudev as her guest and shared precious inner feelings with him which are not that easily understood by others.

On the third day Gurudev gave Satsang at the home of the H.F. Stanleys, relatives of the Duke of Marlborough. The head of the Wills Cigarette empire was there, and Gurudev unsparingly enumerated the ill effects of tobacco on the system! At the end, the first one to come thank him was our Wills Cigarette friend!

We left Britain with chagrin in our hearts. The Lattos are two rare gems. All the Scottish effervescence is alive in him and his universal longing is expressed through loving ministry to ailing humanity. She has the deep passion of the German soul longing for everlasting union with the Beloved and expresses it in total support of her husband's well-being and ministry, and a genuine care for her fellow humans. Gurudev was sent to their home at a most needed moment, and left behind the dynamic



*Sri Gurudev with
Eileen and Peter Caddy*



Dancing at Findhorn



*From left to right: Rama Saenen,
Lakshmi and Narayana Kiekens, Sri Gurudev, Sita Saenen and Siva Kiekens*



force of God working on many levels as he moved on.

BELGIUM

We arrived in Antwerp on Oct. 28, met at the airport by a most loving group with tons of flowers. Here Gurudev was the guest of the Raja Yoga Vedanta Center headed by Rama and Sita Saenen, initiates of Sri Gurudev. These two work together in perfect balance like a fully charged battery. Everything they do has the touch of perfection about it which was an admirable and inspiring example. During his visit, Gurudev stressed the point of universality, reminding us that Yoga is not real Yoga if it does not revere all names and forms.

The narrative is now taken up by Swami Atmananda Ma, who arrived in Antwerp to spend a few days on her way to Africa:

As at all their functions, the welcoming Satsang began with celestial chanting. This group has cut three albums of Yoga chants, and one is instantly uplifted and cooled by their devotional songs. The next evening a public program was held in a famous Antwerpen theater, followed by orchestral music, a Hathha Yoga ballet and a pertinent message by Sri Gurudev.

At a more informal gathering the next day, Gurudev spoke about attachment. To bring home the concept, he used an example so close to home that several were sobbing. Then and there he was gently rooting out some of their attachment. I'm constantly amazed at how every moment he lives to serve, not only in the Satsang Hall, but he literally breathes, eats and rests to give

of his entire being day in and day out, year after year. As a humble witness to this divine phenomenon, I can only feel the budding desire to follow the example of this great humanitarian and to lead a Divine Life like that.

On the 31st, Sri Gurudev visited Yogiraj and Lalitha Hanne-man, a devoted couple who run an annex of the Raja Yoga Institute in Grimburch. A program was scheduled for that evening at the Grimburch Abbey. This ancient abbey was dimly lit as we walked through the dark, empty pews to the chapel, where hundreds awaited Gurudev's arrival. Sri Gurudev paused reverently before a shrine to Lord Jesus, quietly paying homage. I felt keenly how linked are these two world teachers. The beauty and sanctity of this chapel inspired Gurudev to give a very special lecture that evening on dedication as the essence of Yoga. The crowd stood and applauded wildly at the end, simply holding on to him with so much love in their eyes. As Gurudev bowed once more before the Christ's shrine, it seemed to light up as if by magic (and a thoughtful curator!), as if to say, "I am with you, My brother."

On the day before leaving Antwerp, Sri Gurudev visited Ancy and Willy Petronius who run a Sri Aurobindo Auroville Society in Holland - there was a lovely communion between Gurudev and this couple, and they felt honored by his visit.

Back to Amma's report:

On Nov. 2, the Saenens drove Gurudev to nearby Aalst, where he had first met his Belgian children eleven years ago. Aalst is a

small, pretty town, almost medieval in feeling. The Yoga Vedanta Center here is run by Narayan and Lakshmi Kiekens and their brother Siva. Gurudev's room was of bare simplicity but abundant in warmth, love and exquisiteness in every detail. To the Antwerp center, this is like a marger compared to a palace, and in fact, it has played exactly that role in this group's history. It is here that it all started, and it was only later, on Gurudev's advice, that the Saenens started the Institute in Antwerp, which is now growing to huge proportions.

With Narayan beautifully translating not only Gurudev's words but his spirit as well, he spoke that night at the Town Hall, stressing the impact of diet on the mind. His second Aalst lecture was more intimate and the depth and keenness of the people's questions evoked answers which were blazing in their simplicity - a simplicity only one who KNOWS the truth can ever afford.

BRUSSELS

In Brussels, Sri Gurudev was the guest of Mrs. Usha Brel, head of the Dharma Yoga Center. He gave two Satsangs in the center itself and two public lectures: one at a Catholic priests' institute, and the other to the Yoga teachers of the European Yoga Federation. Mr. Andre van Lysebeth, long devoted to the cause of Yoga in Europe, offered a brilliant translation. In his talk, Gurudev stressed the attitude a Yoga teacher should have and explained that money is never to be asked in exchange for the teachings of Yoga; if money is collected it is only for the

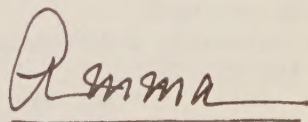
maintenance of the centers or for things needed to better serve the people.

While in Brussels, Sri Gurudev also found time to visit a Yoga teacher who is dying of cancer. Both the lady and her husband are taking the whole thing in the most natural way and talk about her death the way we are saying we leave for Hong Kong on the 2nd. As we left, Gurudev imparted a loving blessing to them and she thanked him for having come to "see her off" - it was a lovely, happy and freeing experience. How truly great is human nature when free of fears!

ROME

We arrived in sunny Rome on the 8th and were met by Prince Francesco Aldobrandini, Mrs. Ulvia Scaramella and Mr. van Lysebeth's daughter and son-in-law, the Nuzzos. Gurudev had an opportunity to rest, thanks to the generous hospitality of Prince Aldobrandini, who as usual supplied Gurudev with all possible comforts, amazing excursions, and his charming company. Although not a practitioner of Yoga, he has a loving bond with Gurudev and is considered by all of us who have met him as a dear member of our spiritual family.

While in Rome, Gurudev gave only one public talk: at the Yoga Academy. One Hungarian lady greeted him, saying, "Guruji, I am so glad to be in your presence at last!" Apparently she has seen him only in meditation prior to that. He greeted her just as he would one of the students he has known for years....



Integral Yoga Publications

MAGAZINES

INTEGRAL YOGA

Informative articles and news of Sri Gurudev \$5 yr. (\$6 foreign)

BOOKS

INTEGRAL YOGA HATHA

Thorough text of Hatha 6.25

Sri Swami Satchidananda

Yoga; beautiful photos.

SWAMI SATCHIDANANDA: A BIOGRAPHY

Enlightening account of 4.25

Sita Weiner

Sri Gurudev's life.

SRI SWAMI SATCHIDANANDA:

Photographic history of 4.00

A DECADE OF SERVICE

Sri Gurudev in the U.S.

BOOKLETS

INTRODUCTION TO INTEGRAL YOGA

Comprehensive introduction 1.00

Sri Swami Satchidananda

to all aspects of Yoga.

MEDITATION, Swami Satchidananda

Practical guidebook. 1.00

EVENING WITH SWAMI SATCHIDANANDA

Lively talk on meditation, 1.00

Sri Swami Satchidananda

obstacles, Kriya Yoga, etc.

BLESSED ARE THEY...

Yogic understanding of 1.00

Sri Swami Satchidananda

Christ's teachings.

THE KEY TO PEACE

On Karma Yoga. .75

Sri Swami Satchidananda

THOU ART THAT...

On Self-knowledge 1.00

Sri Swami Satchidananda

THE MESSAGE OF YOGA

Gurudev's basic teachings .75

Sri Swami Satchidananda

in a nutshell.

THE MOTHER IS THE BABY'S FIRST

On Pregnancy, Infant Care 2.50

GURU, Swami Satchidananda

and Yoga.

VEGETARIAN COOKERY FOR EVERYONE

Delicious, nutritious 1.00

Integral Yoga Institute

recipes.

LIFE OF SRI SWAMI PARAMANANDAJI

Inspiring story of one of 1.00

MAHARAJ, Swami Venkatesananda

Gurudev's brother monks.

RECORDS

SWAMI SATCHIDANANDA

Double LP on Yoga, truth, 4.75

love, peace; plus chants.

TAPE CASSETTES

SWAMI SATCHIDANANDA

Same as above (2 cassettes) 4.75

INTEGRAL YOGA HATHA-BEG. I

Full class instruction (1). 4.75

INTEGRAL YOGA HATHA-BEG. II

For advanced beginners (1). 4.75

INTRODUCTION TO RAJA YOGA

Gurudev on Raja Yoga (1). 4.75

ADVICE TO THE SPIRITUAL SEEKER

On Yoga and meditation (2). 6.50

A MAN OF STEADY WISDOM

On the Bhagavad Gita (2) 6.50

EVENING WITH SWAMI SATCHIDANANDA

On Integral Yoga (2). 6.50

IN THE SPIRIT

What is 'Satchidananda' and 6.50

Sri Gurudev on WBAI Radio, NYC

other topics (2).

MEETING OF THE WAYS

Questions/Answers, KQED (2). 6.50

WE INHERITED GOD'S WILL

On Yoga and Christianity(2). 6.50

YOGA OF EVERYDAY LIFE

On practical Yoga (2). 6.50

SINGING HIS SONG

Disciples' spiritual songs 4.75

Nirmalananda & Vivekananda

(1).

YOGA AND HEALTH

On Yogic medicine (2). 6.50

Dr. Swami Amritananda